What Is Claimed Is:

1. A portable user appliance for receiving a digital video stream embedded in a vertical blanking interval of a broadcast television signal comprising:

a television tuner for receiving the over-the-air broadcast signal;

a vertical blanking interval frame grabber for receiving the digital video stream;

a digital decompressor for decompressing said digital video stream into a decompressed video stream;

a display displaying the decompressed video stream.

2. A portable user appliance as recited in claim 1 further comprising a cradle coupled to a first antenna, said cradle receiving said portable user appliance.

3. A portable user appliance as recited in claim 2 wherein said cradle is disposed within an automotive vehicle.

4. A portable user appliance as recited in claim 2 further comprising a second antenna coupled to said cradle, said first and second antenna coupled to a control circuit for determining a first signal strength of said first signal and a second signal strength of said second signal and comparing the first signal strength to the second signal strength and coupling the greater of the first signal strength and the second signal strength to said portable user device.

5. A portable user appliance as recited in claim 1 wherein said timer, said frame grabber, and said display are coupled within a personal digital assistant.

6. A portable user appliance as recited in claim 1 wherein said timer, said frame grabber, and said display are coupled within a cellular phone.

7. A portable user appliance for receiving a digital video stream embedded in excess bandwidth of an over-the-air digital broadcast television signal comprising:

a television tuner receiving the over-the-air digital broadcast signal;

an excess bandwidth frame grabber for receiving the digital video stream;

a digital decompressor for decompressing said digital video stream into a decompressed video stream;

a display displaying the decompressed video stream.

8. A portable user appliance as recited in claim 7 further comprising a cradle coupled to a first antenna, said cradle receiving said portable user appliance.

9. A portable user appliance as recited in claim 8 wherein said cradle is disposed within an automotive vehicle.

10. A portable user appliance as recited in claim 9 further comprising a second antenna coupled to said cradle, said first and second antenna coupled to a control circuit for determining a first signal strength of said first signal and a second signal strength of said second

signal and comparing the first signal strength to the second signal strength and coupling the greater of the first signal strength and the second signal strength to said portable user device.

11. A portable user appliance as recited in claim 10 wherein said timer; said frame grabber; said display are coupled within a personal digital assistant.

12. A portable user appliance as recited in claim 7 wherein said timer; said frame grabber; said display are coupled within a cellular phone.

13. A method of operating a portable user device comprising the steps of:

receiving over-the-air analog broadcast signals with an antenna;

receiving a digital video stream within the vertical blanking interval;

decompressing said digital video stream into a decompressed video stream; and

displaying the decompressed video stream.

14. A method as recited in claim 13 wherein the step of receiving over-the-air analog broadcast signals with an antenna comprises receiving over-the-air analog broadcast signals with an automobile antenna.

15. A method of operating a portable user device comprising the steps of:

receiving the over-the-air broadcast digital broadcast signals with an antenna;

receiving a digital video stream within excess bandwidth of the digital broadcast signals;

decompressing said digital video stream into a decompressed video stream; and

displaying the decompressed video stream.